

BROUGHT
TO YOU BY THE
SSAF



WELFARE

POCKET GUIDE



WELFARE

WELCOME!

The Welfare Department strives to promote general well-being of the student population and provide support to those who need it! We are here to ensure that you have a positive university experience and that you are well looked after. We provide a range of services that promote wellbeing and give you a leg up if you run into any difficulties along the way.

We can help connect you with fellow students and inform you of your rights, whether it be at work or while renting. We can also link you to services and events that will promote and prioritise your physical and mental health. Also, we have plenty of regular events throughout the year that involves freebies and food.

Address:
Level 1,
Union House

E.
welfare@union.
unimelb.edu.au

W.
umsu.unimelb.
edu.au/welfare

Social.
Facebook
UMSUwelfare

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YOUR WELFARE OBS



Michael Aguilera

Hey hey. I'm in my third and a half year of a BA with a major in Media and Communications and International Politics. I have been an avid activist around Melbourne for years, and am excited to bring that energy to UMSU and the Welfare department. I drank 37 coffees during election week, and didn't die. You will probably see me rushing around Uni with my headphones on. I love to read, party and chat about wacky sci-fi theories. What is your favourite sniglet?



Cecilia Widjojo

Hi! I'm currently in my third year BA doing a major in Economics and Psychology. I am passionate about ensuring that all students regardless of their background can get adequate support from the university especially in regards to low income students and mental health issues.

CAMPAIGNS FOR THE YEAR

This year we will be running several social campaigns that fight for welfare services available to University of Melbourne students:

- To push for improvements to the existing mental health services available on campus. We will work in close consultation with the CAPS Services as well as Safer Community Program.
- To provide or facilitate access to basic drug harm reduction measures, and to create better dialogue and awareness of the issues surrounding substance use
- To support low-income students, we want to improve and increase access to the Welfare Bank. That includes food, household items, stationary and clothing.
- To create a comprehensive network of external and internal welfare services that students can easily access
- To create an 'equity fund' for students to pay for hidden course fees that may affect their financial stability.

WELFARE COMMUNITY: GET INVOLVED

Community Involvement Program

The UMSU Welfare department volunteer program is a great way to meet new people and get involved in uni life! The Welfare department is responsible for ensuring that students are able to have an inclusive and positive experience on campus.

With the help of our student volunteers, the department runs a huge range of free events and activities. If you are interested in becoming involved, sign up to be a welfare volunteer today at umsu.unimelb.edu.au/welfare.

Collective

We run weekly collectives that are open for all students. This is also a great platform to be involved in the Union and the Welfare department as you will have the opportunity to meet like minded pals and discuss agenda and policies to be undertaken by Welfare department. Towards mid semester onwards, the collective will be engaged in doing fun activities such as Foodbank packing.

Time: Wednesdays 12 pm (during semester)

Place: Mary Cook Room A

Welfare committee

The Welfare Committee is the elected committee who oversee the Welfare officers. Any students can attend committee meetings, although you will not be able to vote. All students are welcomed to attend any committee meetings.

Meet your welfare committee

If you want to find out more, just send an email to welfare@union.unimelb.edu.au

FOOD



Free Breakfast

Got an early morning class? Start your day the right way. With breakfast! We have all your favourites at the Breakfast Bar. Cereal, toast, jam, Vegemite, peanut butter and juice - three times a week. On Thursdays, we have our famous outdoor BBQ with bacon, free range eggs, and pancakes!

We have all you could possibly need for a good start to the day, and if we're missing anything, we're always open to new ideas. If you're interested in helping us run the breakfasts, we're always looking for more volunteers! Just send an email to welfare@union.unimelb.edu.au



During Semester 1 & 2

Outdoor BBQ Breakfast

Thursdays
8.30am - 10.30am
(North Court, Union House)

Breakfast Bar

Mondays,
Tuesdays
Wednesdays,
Fridays
8.30am - 10.30am (Ida Bar, Level 1, Union House)

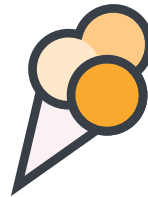


Food Bank

The Welfare Department Food Bank is a service available to all students at the university in need of assistance. We can offer basic food and grocery items to provide for students in genuine need.

You can pick up a basic pack anonymously from the USMU Information Desk, Ground Floor, Union House by asking one of the friendly staff members. Alternatively, please email the Welfare Officers to arrange a time to pick up a hamper or you can pop by the Welfare Office in the Student Reps office on the level 1 of Union House.

There are also services at Southbank campus for VCA and MCM students. Food packs can be picked up at Stop 1, Southbank (Elisabeth Murdoch Building) during opening hours or on request from the Southbank USMU Officer.



Location:

Level 1,
Union House
University of Melbourne
Parkville Campus

T.
8344 4808

E.
welfare@union.unimelb.edu



Melbourne University Food Co-Op

A food co-operative is a not-for-profit, member-owned and supported organisation. Food co-ops provide healthy, minimally processed foods to the local community, often relying heavily on volunteers to keep the co-op running smoothly.

You don't have to be a member or a volunteer to eat at the Melbourne University Food Co-op, however 10% discounts apply for members and 20% discounts apply for regular volunteers who help out for a couple of hours.



Location:
Level 1,
Union House

Opening hours:
Monday - Friday
9am - 4:30pm

T.
9347 8716

E.
yourfoodcoop@
gmail.com

FITNESS & WELLBEING

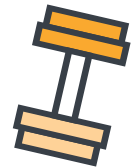


Meditation:
Tuesdays 4 - 5pm
Graham Cornish A, Level 2, Union House

No Nights No Lycra:
Fridays 5.30 - 6.30pm
Location TBC. Check out our website for updates:
umsu.unimelb.edu.au/welfare

Yoga:
Tuesdays 5.30 - 6.30pm
Training Rooms 1 & 2, Level 3, Union House

Zumba:
Thursdays 5:30 - 6.30pm
Training Rooms 1 & 2, Level 3, Union House



HEALTH & WELLNESS



University of Melbourne Counselling & Psychological Services (CAPS)

Provides students and staff with a professional counselling service and a variety of psychological services. They also provide a free drop in service which runs from 2-2.30pm each weekday for those who need to be seen urgently.

Location:
Level 5,
757 Swanston St,
Parkville

T.
8344 6297

W.
[unimelb.edu.au/
counsel](http://unimelb.edu.au/counsel)



Anxiety support group

This is a quiet place, where your issues can remain confidential.

A lot of students experience an above average level of anxiety or stress. Without support, it can escalate and consume our lives. We can direct you to the right places with the right people, and offer comfort and tips without judgement. This event is run by UMSU disabilities. Also, keep an eye out for upcoming information on Neurodiversity support group!

Location:
Training Room
1, Level 3, Union
House

When:
Tuesdays 4.15pm
during semester



University Health services

A variety of health care options for both local and international students, staff and their dependents.

Provided by:
University of Melbourne
Student Services

Location:
138 Cardigan St,
Carlton

T.
8344 6904

W.
[unimelb.edu.au/
health](http://unimelb.edu.au/health)



University Eyecare (Optometry)

Teaching clinic operated by the University Department of Optometry and vision sciences that provides free of charge eye care assessments.

Location:

2/800
Swanston St,
Carlton

T.

9035 6666

W.

healthsciences.
unimelb.edu.au/
eyecare-clinic

Melbourne Sexual Health Clinic

This clinic focuses on patients with STI who need treatment, patients with symptoms of a possible sexually transmissible infection and patients who are at risk of sexually transmissible infections. This clinic also provides sexual health information.

Location:

580 Swanston St,
Carlton

T.

9341 6200

Opening hours:

8.30am - 5pm

W.

mshc.org.au



TENANCY & HOUSING

Emergency accommodation

The University provides assistance for students who are experiencing a housing crisis and may be able to help with emergency accommodation or make referrals to relevant external agencies.

There are many reasons why you may find yourself in a housing crisis. You may be affected by:

- Financial difficulties
- Eviction
- Short term homelessness
- Family/relationship problems
- Domestic Violence/sexual assault

Location:

University of
Melbourne
Stop 1
757 Swanston St
Parkville Campus

Opening hours:

Monday - Friday
9am - 5pm,
excluding public
holidays

T.

13 MELB (13 6352)

E.

housing-info@
unimelb.edu.au
(Responses can
be expected
within three
working days)



Household goods

Welfare's Household Goods Service offers basic kitchenware and other essentials like plates, cups and cutlery (essential for any student!) all for free! Whether you've just moved out of home or are on exchange for just a few months and don't want to buy a whole lot of new things, come help yourself to as much as you need (really, we have way too much cutlery, please, take it!). The UMSU Welfare Vacuum is also available for students to borrow and take home.

The goods are all kept in the Welfare Office on the first floor of Union House (through the Student Representatives door next to the stairs) so come by and say hi. Alternatively, email us at welfare@union.unimelb.edu.au to arrange a time to browse through everything and get some freebies.

Tenants' Union of Victoria

Having trouble with a landlord? It's vital that you know what your rights are as a tenant when renting. There are many common issues tenants face such as disputes over repairs, bond, rent increases or breaking leases early.

Regardless of what your situation is, we recommend you get in touch with the Tenant's Union of Victoria if ever in need of advice or information, even before you enter into a lease agreement. If you find yourself in a legal dispute with a landlord, Student Housing at Student Services can help you out with tenancy advice. The service is now accessed through Stop 1.

Address:

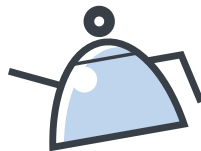
55 Johnston St,
Fitzroy

T.

9416 2577

E.

admin@tuv.org.au



SUPPORT

Chaplaincy

A number of chaplains from different faith groups are readily available to students for support and work to connect religious groups within the university. Contact details of individual faith representatives can be found online.

Cost:

Free for University of Melbourne students

Provided by:

University of Melbourne Student Services

Location:

Level 5, 757 Swanston St,
Parkville



T.

8344 7566

W.

unimelb.edu.au/chaplains



Safer Community Program (SCP)

The SCP provides information, referrals and supports to ensure you feel safe on campus, including access to security escorts. Make sure you download the UniSafe app via their website.

Cost:

Free for University of Melbourne staff and students

Provided by:

University of Melbourne Student Services

Location:

Health Services Building
Level 1, 138 Cardigan St, Carlton

Wellness@Melbourne

Wellness@Melbourne is the student health promotion program of the University of Melbourne and runs free health-focused campus events and workshops to help students stay fit and well during their time at the university. Head to their Facebook page to check out their upcoming events.

Cost:

Free

Provided by:

University of Melbourne

Location:

Level 1, 138 - 146 Cardigan St, Carlton



T.
9035 7495

E.
wellness-
melbourne@
unimelb.edu.au

University Childcare

The university operates two children's centre and provides early childhood care and education services for the children of staff and students as well as the wider community.

Cost:

Student families get a subsidised rate

Provided by:

University of Melbourne

Location:

228 Queensberry St, Carlton

UMSU International

The official body of representation for all international students. UMSU Intl provides support that caters specifically to international students' needs.



Opening hours:

7.45am - 6pm
Monday - Friday

T.
8344 9621
(for all enquiries)

E.
childcare-
enquiries@
unimelb.edu.au

W.
unimelb.edu.au/
childcare

UMSU Queer

This department provides support that cater to LGBTI students. They also hold various events such as pride ball, movie nights and more!

Location:

OB's Offices
Level 1, Union House

T.
8344 4801

E.
queer@union.
unimelb.edu.au

Social.

Facebook:
umsuqueer
twitter:
umsuqueer
instagram:
umsuqueer

W.
umsu.unimelb.
edu.au/queer

UMSU People of Colour

This department ensures that students of multiracial and relevant backgrounds are given a voice in the university as well as support that if they ever need one.

Location:

OB's Offices
Level 1, Union House

T.
8344 4834

E.
peopleofcolour@
union.unimelb.edu.au

W.
peopleofcolour
umsu.unimelb.edu.au/
peopleofcolour

Social.

Facebook:
umsupeopleofcolour
instagram:
umsupeopleofcolour

UMSU Womens

This department strives to make university a safe place, advocate for female students, provide freebies such as tampons, pads and safe sex essentials and more!

Location:

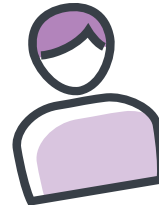
OB's Offices
Level 1, Union House

E.
womens@union.
unimelb.edu.au

W.
umsu.unimelb.
edu.au/women

Social.

Facebook:
umsuwomens
Instagram:
umsuwomens



ASSISTANCE: ACADEMICS, ADVOCACY & LEGAL



UMSU Advocacy service

Confidential services for students providing independent advice, advocacy and referral on a range of academic and administrative issues.

Drop in Clinic

Monday to Thursday, 2 -4pm
Level 4, Union House



T.
8344 6546

E.
suashelp@union.
unimelb.edu.au

W.
umsu.unimelb.
edu.au/advocacy

UMSU Legal services

Free and readily accessible legal advice to all students at the University of Melbourne for issues such as:

- Intellectual property
- Victims of crime
- Summary criminal offences, indictable offences
- Family law
- Motor vehicle accidents
- Powers of attorney & wills
- Migration queries
- Employment matters.

T.
Advice line:
0468720668
Monday to
Thursday,
1 - 4:30pm

E.
legal@union.
unimelb.edu.au

W.
umsu.unimelb.
edu.au/legal

Academic skills

Provides students with academic assistance through workshops, academic writing drop-in sessions and short individual tutorials.

Location:

Stop 1, 757 Swanston Street, University of Melbourne, Parkville

Drop in sessions

Monday to Friday, 12 - 2pm
Baillieu Library
(Academic Skills Room, Ground Floor)

T.
13 MELB (13 6352)

E.
academic-skills@
unimelb.edu.au

W.
unimelb.edu.au
/academicskills



WELLNESS TIPS



Eat healthily

Avoid junk food, sugary stuff and microwaved meals! Treat your body to plenty of fruits and vegetables and home cooked meals with balanced nutrients (eg not too much salt). Make sure that you eat breakfast, lunch and dinner everyday at roughly the same time.

Drink plenty of water

Drink roughly two litre of water daily. This is good for your skin, to maintain your weight and generally to keep you feeling fresh throughout the day.

Don't forget to rest

Take a five minute break for every half an hour you study. Also, allocate a time within a busy day to just relax and perhaps meditate or take a walk. This keeps you from feeling burnt out.

Exercise!!

It does not have to be something heavy. Just a light jog around the neighbourhood or to your favourite brunch place will do. Or participate in clubs in uni that encourage you to move your body and sweat a little.

Indulge once in a while

Watch a movie or buy yourself that rad outfit. Perhaps a dinner at your favourite restaurants with some friends? Or treat yourself to a box of chocolate. This is a sure method of ensuring your happiness.

Go hang out with friends

This is especially crucial when you are feeling down, try your best not to isolate yourself. Maintain a group of friends that you can rely on whatever the situation is. They are going to make your university a memorable experience.

Be smoke free

Develop strategies and goals to quit progressively. Talk to your doctor or councillor on feasible plans to quit smoking entirely.

Have a good sleeping schedule

Ensure a decent 7-9 hours of uninterrupted sleep at a fixed schedule daily. This helps you maintain a healthy life and keep you energized as you go about your day.

Take care and love yourself

Make sure that you shower regularly and give your body some love. Get some moisturiser like coconut oil and the likes that guarantees to make your morning. This applies to the boys as well. Don't be afraid to look your best every day.

Don't be afraid to get help when you need it

Whether it is physical illness or mental health issue, it is never shameful to reach out for help. Even telling a friend would help you get in a path of recovery. Remember you are never alone. There are many contacts in this book that can prove useful when you are in a tough spot.



MENTAL HEALTH



Things to try when you are having a tough time...

Leave space for 'me time'. Find some calm headspace with a walk in the park or join a yoga or meditation class.

A good night's rest and a calm stomach can have a huge effect on your wellbeing! Remember to have a balanced meal for breakfast, lunch and dinner daily and get into a healthy sleep cycle. Your body deserves care, too.

Isolation tends to foster unhappiness, so make time to see other people regularly. Grab a coffee with a friend or join an activity on campus.

There's always help out there for managing stress levels. If it's affecting your study, you can always talk to your lecturer or tutor and they will provide support get you on the right path. Do not be afraid to reach out to a councillor to get help. That goes for your Welfare officers, too.

It's easy to feel lost or overwhelmed when the environments around us are messy, so focusing on achievable tasks can help you take control of the space you're in. The feeling of accomplishment you get from simple chores like doing laundry or washing dishes can have a strong positive effect on your mood.

Remember that you are going to be okay. As the old saying goes, "This too shall pass".

OTHER RESOURCES



Campus security

In a serious emergency, always dial 000 first. However, the university provides trained security officers to help ensure you and your property are safe on campus. Campus security can be dialed at any time and provide a 24 hour security escort service anywhere on campus.

T.
8344 6666

W.
students.unimelb.edu.au/explore/security

Lifeline Australia

Lifeline is a national charity that provides access to a 24 hour crisis and suicide prevention hotline. Their vision is for Australia to be suicide free.

T.
13 1114

W.
lifeline.org.au





umsu.unimelb.edu.au/welfare